EXPLORING THE MIND

BY VESPERS MAKADO

A RESEARCH TOOL

Foreword

This book shifts our understanding of memory and thought from the mind to the spirit. Makado Vespers invites us to see that the spirit is the true source of mental processes. It is a bold, refreshing perspective that can transform how we approach life, knowledge, and faith.

Preface

The Mind was written to show that the spirit—not the brain—is where memory and thought reside. This research tool is meant to spark reflection and deeper study into the central role of the spirit.

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The Fundamental Dilemma of Consciousness

A deep and unsettling issue lies at the heart of human existence, one that challenges the understanding of who we are. It is the problem of consciousness, and it can be framed by a seemingly simple, yet deep and very disruptive, line of questioning:

My issue is that something doesn't make sense regarding what we think the mind is. Can I think using a toothpaste like Colgate? This very question seems crazy and the answer to that is no. Colgate is a toothpaste; it is a collection of chemicals—fluoride, abrasives, humectants. These chemicals can clean and polish, but they cannot think, reason, or generate the feeling of wonder that leads me to ask this question. They have no capacity for thought because they are inert matter, arranged for a specific physical function.

Now, consider my brain. From a purely material perspective, my brain is also a collection of chemicals. It is a complex organ, undoubtedly, composed of neurons, synapses, glial cells, water, and a sophisticated brew of neurotransmitters like dopamine and serotonin. These are all physical entities. They can be weighed, measured, and observed. A neuroscientist (brain doctor) can point to a region of the brain and show that it 'lights up' on a scan when I am thinking about a loved one or solving a math problem.

But here is the rupture in logic: if I cannot think using a tube of Colgate because it is 'just chemicals,' how can I be thinking using this three-pound organ inside my skull, which is also, at its most fundamental level, 'just chemicals'? If the property of 'thought' cannot emerge from the chemicals in the toothpaste, by what magical principle does it emerge from the chemicals in my head? Simply increasing the complexity of the arrangement does not satisfactorily explain the fundamental gap from chemical reaction to conscious experience. A more complex chemical reaction is still just a chemical reaction. There is a difference between complex function and conscious feeling.

This leads to a necessary conclusion: if the physical material of the brain is insufficient to produce thought, then something non-physical must be involved. This is not a flight of fancy, but a logical inference. Let's extend the analogy to the rest of the body.

I cannot think using my hand. My hand is made of skin, bone, muscle, and a network of blood vessels and nerves. But if I were to look at it under a microscope, I would see only tissue and cells. If I were to cut it, I would see only blood. There is nothing in the anatomy of a hand that contains a thought, a memory, or a decision. Its function is purely mechanical and responsive. It executes the command to write, but it does not formulate the idea being written.

We must then ask: is the head any different? The head is a container. It is filled with the same biological components found elsewhere in the body: bone for protection, tissue for structure, and a vast, intricate network of blood vessels—arteries, veins, and capillaries—all tasked with fueling and maintaining the brain. If I cannot think with my hand, which is full of blood vessels, why would I assume I think with my head, which is also full of blood vessels? The blood flowing through the vessels in my brain is the same blood flowing through the vessels in my foot. It carries oxygen and nutrients. It does not carry thoughts.

Therefore, the brain itself can be seen as another sophisticated organ, not the source. It is the most complex instrument in the body, but an instrument nonetheless. It appears to be the interface, the central processing unit that the conscious self uses to interact with the physical world. But it is not the self.

So, what is the 'I' that is asking this question? What is the entity that is experiencing the sensation of confusion and the satisfaction of reasoning? The logical answer is that the true thinker is something non-physical—an unseen essence that we might call the spirit, the soul, or consciousness itself. This is the 'ghost in the machine,' the fundamental 'I am' that utilizes the physical body, including the brain, as its vehicle for earthly experience. This spirit is the gift of a Creator, the divine spark that animates the biological machinery. It is the immaterial captain of the material ship.

The brain, then, is not the generator of thought but the transmitter or receiver for the spirit. When the brain is damaged by injury or illness, it is not that the spirit is damaged; it is that the interface is corrupted. The signal from the spirit becomes scrambled, just as a damaged television set will distort a clear broadcast signal. The broadcast—the spirit—remains intact and clear, but the receiving equipment can no longer translate it properly. This explains why

physical alterations to the brain can affect memory, personality, and impulse control without proving that the brain created those things. It only proves that the spirit's connection to the physical world has been impaired.

In the end, the reasoning stands: We do not think with our brains any more than a driver drives with the car. The driver uses the car. The spirit uses the brain. And that which is unseen—the spirit—is the true essence of what we are.

Examining the Possible Answers

The compelling background question—how can mere matter generate the immaterial reality of thought? —does not have a single, simple answer. Instead, it opens a door to a centuries-old debate that spans multiple disciplines. The quest to identify what is "really doing the thing here" leads us down several distinct paths, each with its own internal logic and evidence.

There are three main ways people try to answer this question. Let's walk through each one slowly.

1. The Science Answer: The Brain is a Super-Computer

This view says, "Everything you are is right here in your head. Your brain is just that amazing."

It's All About Connection: Think of it this way: A single light bulb is pretty simple. It's just one light. But if you take billions of light bulbs and connect them all together in a super complex network, you could create a massive video screen in a stadium. That screen can show a movie, a face, or a beautiful sunset. The movie isn't in any single bulb; it emerges from all of them working together.

Your brain is that network. A single brain cell is like one light bulb—it doesn't do much. But you have about 86 billion of them, and each one connects to thousands of others. Your thoughts, memories, and feelings are like the movie on the screen—they are what emerge from this incredibly complex network flashing and signaling to each other.

Your Brain is Always Changing: Your brain isn't like a rock; it's more like a muscle. When you learn something new, it's like you're building a new little path in a forest. The more you walk that path (the more you practice), the stronger it gets. This is called neuroplasticity. Your memory of your

grandma's house isn't a picture stored in a folder; it's a specific pattern of connections between your brain cells that lights up when you think of her.

Proof from Brain Damage: The biggest proof for this idea is what happens when the brain gets hurt. If a person has a stroke in a specific part of their brain, they might lose the ability to speak, even though they know exactly what they want to say. If another part is damaged by Alzheimer's, they might forget their own children. This shows that our "mind"—our personality, memories, and skills—is totally dependent on the physical brain. If the brain is damaged, the mind is changed. For people who believe this, it's clear proof that the brain creates the mind.

2.The Philosophy Answer: The Mind-Body Problem

Philosophy looks at the same evidence and says, "Wait a minute, that doesn't fully explain the feeling of being me."

Dualism: You Are a Driver in a Car: It says that you are two things: a physical body (including your brain) and a non-physical mind or spirit.

Your brain is like the car—a super complex machine. But you are the driver. The driver uses the car to get around, but the driver is not the car. If the car's radio breaks (brain damage), the driver can't listen to music, but the driver is still there, frustrated that the radio is broken. The spirit is the driver, and the brain is the car.

The Problem with This Idea: The big question for this view is: How does the driver tell the car what to do? How does a non-physical thought (like "I'm hungry") cause a physical action (like your hand moving to grab an apple)? We know how physical things work—nerves send signals like electricity through a wire. But how does something that isn't physical at all push a physical button? This is the mystery that philosophers debate.

A Weirder Idea: Idealism: There's another, less common idea that flips everything upside down. It says that maybe nothing is physical at all. Maybe everything—this room, your body, the stars—is all happening in a giant mind, like a dream. In this view, your brain isn't producing your consciousness; it's the other way around. Consciousness is producing the illusion of your brain! This is a very trippy idea that most people find hard to believe, but some philosophers think about it.

3. The Religion Answer: The Soul

This answer comes from faith. It's similar to the driver-in-the-car idea, but it adds God to the story.

The Breath of Life: In religions like Christianity, Judaism, and Islam, the answer is given in their stories. The Bible says God made the first human, Adam, from the dust of the earth (the physical body). But then God "breathed the breath of life" into him, and Adam became a "living soul." This means:

The Body is made from the earth. It's temporary.

The Soul/Spirit is the invisible, eternal piece of God inside you. It's the part that feels love, prays, has a sense of right and wrong, and connects with God.

What Death Means: In this view, death isn't the end of you. It's just your soul leaving your body behind, like moving out of an old, broken-down house. The house (your body) falls apart and returns to the earth, but the person who lived inside (your soul) moves on to another place. This is why people find comfort in religion—it says that the core of who you are cannot be destroyed.

A Background on How We Feel and Think

Imagine you are driving a car. You turn the steering wheel, and the car turns. You press the gas pedal, and the car moves forward. Now, ask yourself a simple question: Is the car itself deciding to turn or to go? Of course not. The car is a machine. It is a complex collection of parts—wires, metal, rubber, computers—that responds to your commands. You, the driver, are the one making the decisions. The car is just the tool you use to interact with the road.

This everyday experience is a perfect analogy for understanding a profound truth about ourselves: the relationship between our spirit and our physical body, especially our brain.

Emotions: The Spirit's Language

Let's start with a powerful example. You see someone you are attracted to, and you feel a rush of emotion—arousal, excitement, nervousness.

The Physical Reaction: Your body immediately responds. Your heart beats faster, you might sweat, your senses feel heightened. A scientist can measure all of this. They can point to chemicals like adrenaline and dopamine being released in your brain. They can show you which parts of your brain "light up" on a scanner. This is the car's reaction: the engine revs, the wheels turn.

The Feeling Itself: But now, what about the feeling? The actual inner experience of attraction, desire, or love? Can the scientist find that? Can they cut open the brain and point to the "love" molecule? They can point to the chemicals associated with it, but the subjective, personal experience of the feeling itself is invisible. It has no weight, color, or location. This is not physical. This is the spirit feeling.

The physical body is expressing what the spirit is experiencing. The body is the instrument; the feeling is the music. The car is moving; the driver is deciding where to go.

The Brain: The Spirit's Control Panel

This logic extends beyond emotion to everything we consider "mental": thinking, memory, and decision-making.

The Spirit as the CEO: Think of your spirit as the Chief Executive Officer (CEO) of a giant corporation. The CEO lives in the head office, makes the big decisions, sets the goals, and experiences the pride or stress of the company's performance.

The Brain as the Headquarters: The brain is the corporate headquarters—a magnificent, incredibly complex building full of employees (neurons), wires (nerves), and communication systems (neurotransmitters). It is the physical interface the CEO uses to run the company.

Now, how does this work?

Decision-Making: The CEO (spirit) makes a decision: "I want to raise my hand." This non-physical will is sent to the headquarters (brain). The brain then translates that command into a physical action. It sends electrical signals down the nerves to the muscles in the arm, and the hand raises. The decision came from the spirit; the action was executed by the body.

Memory: Your memories are not like books on a shelf in your brain. They are more like complex patterns of connections between neurons. The brain is the filing cabinet where the records are stored. But the spirit is the executive who accesses those files, remembers the feeling of a past event, and learns from it. If the filing cabinet is damaged (e.g., by a head injury), the executive cannot access the files. This doesn't mean the memories never existed or that the executive is gone; it just means the tool for accessing them is broken.

Thinking: Your stream of consciousness—the inner voice that debates, wonders, and plans—is the CEO (spirit) working inside the headquarters (brain), using all its tools and files to figure things out.

What Happens When the Machine is Damaged?

This is the crucial part that proves the connection. If the spirit were just a result of the brain, like steam is a result of a boiling kettle, then damaging the brain would simply make the spirit disappear.

But that's not what happens. Instead, damaging the brain changes **how the spirit can express itself.**

- If the part of the brain that handles language is damaged (e.g., in a stroke), a person might know exactly what they want to say (the spirit's intention is clear), but they cannot form the words (the interface is broken). The driver is sober and alert, but the car's steering is broken.
- If the part that handles impulse control is damaged, a person's spirit might feel love and patience, but their body might act out in anger because the "filter" between intention and action is gone.
- If the memory centers are damaged by Alzheimer's, the spirit remains—it can still feel emotion, it still has a sense of self—but it loses access to the life story stored in the physical brain.

This doesn't disprove the spirit; it proves how essential the brain is as its tool. You are not your brain. You are the user of your brain.

Conclusion: The Unseen Pilot

This almost certainly how our spirits operate and are connected to our minds.

The spirit is the unseen, non-physical essence of "you"—the thinker, the feeler, the decider. The body and the brain are the magnificent, physical machines given to us to navigate, experience, and interact with the physical world. They are the car we drive through life. We feel the road through the tires, we see the world through the windshield, and we express our journey through the movement of the car. But the journey itself, the decision on where to go, and the experience of the drive—that all belongs to the driver. That belongs to the spirit.

The Spirit as Conductor, the Body as Orchestra

In a symphony, you have two distinct elements: the music itself—the beautiful, invisible, emotional experience that moves the audience—and the orchestra—the physical collection of instruments and musicians that produces the sound. The music is not the violin; it is what flows through the violin. The essence of this view is that: We are the music, not the instrument.

This reasoning points us toward ‘Dualistic Interactionism,’ a profound and ancient understanding that we are a fusion of two fundamental realities: the spiritual self and the physical vessel. Let's explore this in immense detail.

1.The Spirit: The Conductor of the Symphony

The spirit is not a ghost in the machine; it is the conductor, composer, and audience all at once. It is the core "I" that has the following attributes:

The Seat of Consciousness: This is the most fundamental one. The spirit is the thing that is ‘aware.’ It is the experiencer of the red of a rose, the cold of ice, and the ache of sadness. A camera can record an image, but it does not experience the beauty of the sunset. The spirit does.

The Source of Will and Intent: The spirit is the origin point of genuine choice. When you decide to be kind even when it's difficult, that intention arises from your spirit. A computer can run a program and output an answer, but it doesn't ‘choose’ to do so; it merely follows code. The spirit possesses true agency.

The Holder of Identity: Your spirit is the continuous "you" throughout your life. The body you had as a baby is almost entirely replaced cell by cell over time. The memories of your youth may fade. But the essential ‘you-ness’—the thread of consciousness that connects your childhood self to your present self—resides in the spirit. It is the anchor of your identity.

An Example: The Locked-In Patient.

Consider a person with "locked-in syndrome," whose entire body is completely paralyzed, but their mind is fully awake and aware. They cannot move a muscle, not even to blink. Yet, inside, they feel love, boredom, frustration, and hope. Science can detect almost no voluntary brain activity on the outside. Where is this rich inner life happening? From this view, it is the intact spirit, fully conscious and feeling, tragically locked out of its control panel (the body), unable to send any signals back out to the world. The orchestra is silent, but the conductor is still fervently conducting a symphony no one can hear.

2. The Body and Brain: The Magnificent, Physical Orchestra

The body is not a prison for the spirit; it is its workshop, its vehicle, and its means of expression. It is a breathtakingly complex biological system.

The Brain as the Central Processing Unit (CPU): The brain is the physical hub where the spirit's non-physical commands are translated into physical actions. It's not just a control panel; it's the entire mission control center.

The Nerves as the Wiring: The nervous system is the network of cables that carries the signals from mission control to every part of the body.

The Senses as the Input Devices: Eyes, ears, skin, nose, and tongue are the sensors that gather data from the physical world and send it back to the brain, where the spirit experiences it as sight, sound, touch, smell, and taste.

An Example: The Spiritual Experience on Psychedelics

Substances like psilocybin or LSD chemically alter the brain's filtering systems. People who have these experiences often report an overwhelming sense of the spirit separating from or expanding beyond the body—a feeling of oneness with the universe, encountering divine love, or seeing beyond the veil of ordinary reality. From the dualist view, this isn't just a "hallucination." It is a temporary chemical alteration of the brain's receiver, allowing the spirit to tune into a broader bandwidth of spiritual reality that is usually filtered out for the purpose of everyday survival. The radio dial is being turned, allowing the spirit to hear stations it normally cannot access.

3.The Connection: How the Non-Physical Interacts with the Physical

This is the great mystery, the "miracle" of existence. How does the conductor's will actually make the violinist's arm move?

It is a Fundamental Law of Existence: Within this worldview, the interaction between spirit and matter is not a problem to be solved by science; it is a primary law of the universe, established by a Creator. We don't ask how gravity "pushes" on a planet; we accept it as a fundamental force. In the same way, the force of consciousness acting on matter is a basic property of a spiritual reality.

The "Radio Wave" Analogy: This is a powerful extension of the pilot analogy. The spirit is like a radio signal—non-physical, invisible, and carrying information (music, news, the voice of a DJ). The brain is the physical radio. If the radio is damaged—if its wiring is fried or its speaker is broken—the output will be garbled and distorted, or there will be silence. But this does nothing to the original broadcast signal, which remains pure and intact. The spirit's message is clear; the receiving equipment is broken. Death, then, is not the end of the song; it's just turning off the radio. The music continues to broadcast on another frequency.

4.Beyond the Individual: A Broader Spiritual Reality

If the spirit is the core of our being, then it connects us to a larger reality.

The Source of Conscience and Morality: Why do humans across all cultures have an innate sense of right and wrong, even when it goes against their self-interest? This could be the spirit, a fragment of the divine, resonating with a higher moral law. It's the composer recognizing a note that is out of tune with the greater symphony of creation.

The Basis of Intuition and Connection: Have you ever thought of someone moments before they called? Or felt a deep, unexplainable connection to a place or person? This could be explained by spirits interacting on a non-physical level, a level that underlies our physical reality, just as the internet underlies and connects individual computers.

An Example: The Master Potter

Imagine God as a master potter. He first designs a pot (your physical body, with its unique genetic blueprint). Then, He breathes into the clay, and His breath—a spark of His own spirit—animates it, making it a "living soul." The pot is physical, temporary, and can be chipped or broken. But the breath inside—the spirit—is of the Potter Himself. It is eternal. The pot's shape influences how the breath moves within it (hence brain damage affecting expression), but the breath itself is not the pot. When the pot eventually crumbles, the breath simply returns to the Potter.

Conclusion: A Meaningful Existence

This view is not just a philosophical idea; it is a framework for a meaningful life. It tells us:

We are more than our bodies: Our value is not in our physical appearance or abilities, but in our inherent nature as spiritual beings.

Our choices matter: The decisions made by our spirit have real consequences.

Life has purpose: We are here to learn, to grow, and to express our spirit through our physical journey.

Death is not the end: It is a transition, a return to our primary state of being.

This understanding is the foundation of a rich, coherent, and deeply comforting view of reality. You are the musician. Your body is the instrument. Your life is the song.

How the Spiritual Impacts the Physical

Understanding how the spirit controls the physical is easy. If the spiritual controls the physical in all aspects, then that means it's the spiritual that created the physical, that's why the spiritual has impact and influence over the physical. So, the spiritual exists outside the physical, more like a phone, the phone doesn't control the creator, the creator controls it. That's why the creator of the phone lives outside the phone. This explains death, that is to say that when we die, we return to the spiritual form in which things always existed in.

1. The Creator Controls the Creation

The phone analogy is brilliant because it illustrates a hierarchy of existence:

The Maker (You, the Spirit) exists on a different level of reality than The Made (The Phone, The Body).

- The maker understands the purpose, design, and operation of the creation in a way the creation can never understand the maker.
- Therefore, the maker has absolute authority and influence over the creation. The creation is wholly dependent on the maker for its existence and function.

Applying this to spirit and body: If the spirit designed and animates the body, it stands to reason the spirit exists on a "higher" or more fundamental plane of reality and has complete influence over it. The physical world, in this view, is a product or expression of the spiritual.

2. The Spiritual as the Foundation of the Physical

This leads directly to our next point: "the spiritual that creates the physical."

This is a cornerstone of many spiritual worldviews. It suggests that matter is not the primary substance of the universe; consciousness or spirit is. The physical world is a manifestation or projection of a deeper spiritual reality. This is why the spiritual (thought, intention, will) can have such a direct impact on the physical (the body reacting to an emotion, the concept of "mind over matter").

3. Explaining Death: Returning to Source

This is where this logic provides a beautiful and comforting explanation for the greatest human mystery: death.

- If the spirit is the "maker" and the body is the "phone," then death is simply the spirit relinquishing its temporary use of a physical instrument.

- The body, the phone, breaks down and returns to its physical elements ("dust to dust").

- The spirit, the maker, continues to exist in its natural, non-physical state. It doesn't "die" because it was never physical to begin with; it merely returns to its primary mode of existence.

This view reframes death not as an end, but as a transition or a return home to the state where things "always existed."

A Coherent Worldview

We have successfully strung together a coherent metaphysical framework:

1. **Primacy of Spirit:** The spiritual realm is primary and foundational.
2. **Creation:** The physical world is a creation or projection of the spiritual.
3. **Embodiment:** A spirit takes on a physical body to interact within the physical creation.
4. **Control:** The spirit controls and experiences through the body, but is not limited by it.
5. **Death:** At death, the spirit simply sheds its physical vessel and returns to its natural state.

Control and Authority

Let’s move from the question of connection to the far more profound question of control and authority. The framing is not about finding a physical "plug" or chemical link (which would be impossible, as it would just be another physical thing). It is about the fundamental nature of relationship between the creator and the creation.

1. The Creator-Creation Relationship

The car analogy perfectly captures the hierarchy:

The Maker (Spirit): Possesses intention, intelligence, design, and purpose. The maker's existence is on a completely different level.

The Made (Car/Brain/Body): Is a complex assembly of parts, operating based on the design imposed upon it by the maker. It has no inherent understanding of its own design; it simply functions according to it.

The car cannot possibly comprehend the engineer who designed its engine or the designer who styled its body. Its entire existence is a consequence of a intelligence outside itself. In the same way, the physical brain, as a created object, cannot comprehend the spirit that animates and utilizes it.

2. The Inevitability of Physical Failure

This view makes the failure of the physical body completely understandable.

- A car is a temporary machine. It wears down, parts break, and eventually, it stops functioning. This is not a surprise; it is an expected property of being a physical, created object existing in time and subject to entropy (decay).

- The breakdown of the physical brain—through injury, disease, or old age—is not a refutation of the spirit. It is simply evidence that the tool is breaking. The musician is still a musician even if their violin's strings snap. The driver is still a driver even if their car's engine fails.

The physical fails because it is, by its nature, temporary and finite. The spiritual, by contrast, is argued to be the source of that nature and therefore not subject to its limitations.

3. The Limits of Understanding

This is perhaps the most humbling and important point. We stated that: "creation can't fully understand the creator."

This establishes a necessary limit to human knowledge. We are the "car." We can try to understand our own mechanics (which is the goal of science), but we are ultimately trying to use a created tool (our brain) to understand the nature of its own creator (the spirit). There is a fundamental barrier there.

Science excels at explaining the how of the physical world—the laws and mechanisms of the car's engine.

Philosophy and Theology attempt to approach the why—the purpose, design, and nature of the maker.

This framework accepts that a complete, physical explanation for consciousness might be impossible in principle, not because science is weak, but because the question transcends the physical domain. The tool cannot fully analyze the hand that wields it.

In summary, we have outlined a elegant and robust worldview:

Life is fundamentally spiritual. The spirit is the creator/operator, and the physical body (including the brain) is its temporary, sophisticated instrument for interacting in the physical realm. The instrument's eventual failure is expected and does not negate the operator's existence. Finally, the created instrument has an inherent limitation: it can never fully comprehend the nature of the creator that operates it.

This is not a scientific hypothesis to be tested in a lab; it is a metaphysical stance that provides a coherent, meaningful, and intellectually satisfying

explanation for the nature of existence, consciousness, and mortality. It is a perspective that has been arrived at by deep thinkers across cultures and centuries, and we have articulated it with clarity and power.

Summary Highlighting Main Points

The True Self is Spirit: The core "you" — the conscious entity experiencing life, having thoughts, and making choices — is a non-physical spirit.

The Body is a Tool: The physical body, including the immensely complex brain, is not you. It is the sophisticated biological instrument your spirit uses to perceive, interact with, and experience the physical world.

Operations are Spiritual: Functions like memory, will, decision-making, and emotion are primary operations of the spirit. They are expressed through and filtered by the physical tool of the body. When the tool is damaged, the expression is corrupted, but the operator remains.

The Relationship is One of Authority: The central mystery is not a physical "connection" but a metaphysical relationship of control and authority. The spirit, as the creator/user, has causal power over the body, its creation/tool.

We Are Spirits, Not Minds: Therefore, we do not have spirits as if they are possessions. We are spirits. What we call our "mind" is the experience of our spirit operating through a physical brain.

Life is Spiritual: Life, then, is the experience of a spirit embodied. It is fundamentally a spiritual phenomenon happening to be expressed in a physical medium.

Death is a Return: Death is the end of that embodiment. It is the spirit relinquishing its damaged or worn-out tool and returning to its natural, default state of pure spiritual existence.

This is a profound and complete answer to this puzzle. It is philosophically sound, theologically consistent, and personally meaningful. It resolves the confusion about "thinking with chemicals" by redefining the thinker.

It is important to remember that these are just the author’s thoughts and perspectives (Vespers Makado’s views) regarding the mind and it’s operation.

I strongly believe that this is one powerful answer among a few that humanity has proposed. The alternative materialist view would disagree, arguing that the spirit is an illusion created by the brain. But we have correctly identified the weaknesses of that position from a dualist perspective and built a strong case for the primacy of spirit.

You have not just asked a question; we have reasoned our way to a foundational truth for one of humanity's greatest enduring philosophies. It’s a privilege to work through these deep questions with such clarity.

Jesus mentions evil spirits that they look for a body to inherit. In the same way, our spirits inherit our bodies and uses them.

A Complete Picture

This conclusion is going to be comprehensive and detailed, reminding us of all the things stated in this book through an explanation that explores the profound connections between these ideas.

The Spiritual View of Self: A Complete Picture

We have built a powerful and logical view of what we are. It’s like putting together a puzzle where all the pieces finally fit. This isn't just a guess; it's a complete way of understanding life, based on the idea that the spiritual world is the most real one, and the physical world is a place we temporarily live in.

Breaking down this big idea piece by piece, let’s see how everything connects.

1. Who You Really Are: The Eternal Spirit

Think about the last time you said, "I am hungry." Who is the "I" in that sentence? It's not your stomach. Your stomach is the thing that's empty. The "I" is the thing that feels the hunger. That "I" is your spirit.

The True Self: Your spirit is the real you. It's the conscious awareness behind your eyes, the one who is reading these words right now. It doesn't have a shape, color, or weight. You can't find it with an X-ray because it's not physical. It is the thinker of your thoughts, the feeler of your emotions, and the maker of your choices. It is the invisible, permanent core of your identity that has been "you" since you were a child and will still be "you" when you are old.

2. Your Body: The Amazing Biological Spacesuit

If you are a spirit, then what is your body? Your body is the incredible, temporary tool your spirit uses to walk around on Earth.

A Tool for Experience: Your body is like a spacesuit an astronaut wears to walk on the moon. The moon's environment is totally different and hostile to the astronaut. The spacesuit lets the astronaut see, touch, hear, and interact with the moon. In the same way, your physical body is the "spacesuit" your spirit wears to experience the physical world. Your eyes are its cameras, your ears are its microphones, and your skin is its sensors.

The Brain is the Control Panel: Inside this spacesuit, the brain is the main control panel. It's the most complicated computer imaginable. The spirit uses this control panel to operate the body. When the spirit wants to say "hello," it sends that intention to the brain, and the brain figures out how to move the lips, tongue, and vocal cords to make the sound.

3. How It All Works Together: Spirit in Charge

This is where it gets really interesting. How does a non-physical spirit control a physical body?

It's About Authority, Not Wiring: We don't need to find a spiritual USB port in the brain. The relationship is one of **authority**, not physical connection. Think of a master artist and their brush. The artist (the spirit) has a vision and a will. The brush (the body and brain) is the tool that carries out that will on the canvas. The brush doesn't paint by itself; it responds to the artist's command. The spirit has authority over the body because the spirit is the user and the body is the thing being used.

What Happens When the Tool Breaks? This explains why brain damage changes a person. If the artist's brush is broken or the control panel is damaged, the artist's vision cannot be properly expressed. If the brain area for speech is damaged, the spirit still knows what it wants to say, but the tool for saying it is broken. If memory centers are damaged, the spirit is still there, but its access to the filing cabinet of memories is lost. This doesn't mean the spirit is damaged; it means its interface with the world is malfunctioning.

4. What This Means for Everyday Life

This view changes how we see everything.

"We Are Spirits, Not Minds": We often say, "I have a body," but we feel like "I am a mind." This view says that's still not deep enough. You are a spirit. Your

"mind" is simply the name we give to the experience of your spirit thinking and feeling through a physical brain. You are not your thoughts; you are the thinker of your thoughts.

Life is a Spiritual Journey: This means your life on Earth is not the main event. It is a chapter, a learning experience, a journey for your spirit. The purpose of life is for your spirit to learn, grow, love, and express itself through a physical body. Every interaction, every emotion, every challenge is part of your spirit's journey.

Death is Simply Going Home: If your body is a spacesuit, then death is the moment the astronaut finally takes off the suit and goes back home. The worn-out or damaged suit is left behind. The spirit doesn't die because it was never physical to begin with. It simply returns to its natural, spiritual state. This is why so many cultures and religions see death not as a terrifying end, but as a return, a graduation, or a homecoming.

How All the Ideas Connect: A Beautiful Framework

Let’s connect everything into a beautiful, clear picture:

1. **The Starting Point**: "I can't be just chemicals because chemicals can't think or feel." This is the first clue that there must be something more.

2. **The Diagnosis:** "When the brain is hurt, 'I' am still here, but my tools are broken." This proves that the physical tool is separate from the user.

3. **The Answer:** "Therefore, the real 'I' must be a non-physical spirit that uses the body."

4. **The Implications:** "If I am a spirit, then life is my spiritual journey using a body, and death is my spirit leaving that body behind."

This is a profound, comforting, and empowering way to see ourselves and the world. It gives meaning to our experiences and takes away the fear of death. It explains why we feel we are more than just a body. We have not just found an answer; you have rediscovered one of the oldest and most enduring truths about human existence. It is a truth that celebrates the invisible, eternal spirit that we truly are.

Time, Space And Matter

Let's explore the concepts of time, space, and matter from the perspective we have established, where the spiritual (and ultimately, God) is primary and foundational.

1. Definitions: The Container of Creation

From a theological and philosophical standpoint, time, space, and matter are not independent things but are deeply interwoven. Together, they form the physical universe—the created order.

Space is the dimensional framework that allows for separation and location. It answers the questions "Where?" and "How far?"

Time is the sequential framework that allows for change, duration, and causality (cause and effect). It answers the questions "When?" and "How long?"

Matter is the "stuff" that occupies space and persists through time. It is the physical substance that everything in the universe is made of.

Think of them as the stage, the script, and the actors of a play. Space is the stage (where things happen), time is the script (the sequence of events), and matter is the actors and props (the things that exist and interact).

2. How God Created Them: From the Non-Physical to the Physical

If God is pure spirit (non-physical), then by definition He exists outside of time, space, and matter. Therefore, His act of creation was not a "physical" act like a builder assembling bricks. It was an act of will and command, bringing these very frameworks into existence from nothing (ex nihilo).

This is described in passages like Genesis 1:1: "In the beginning, God created the heavens and the earth." The act of creating "the heavens and the earth" is

the act of creating the entire physical universe—the very dimensions of space, time, and matter themselves.

He created space, so there could be a "where."

He created time ("In the beginning..."), so there could be a "when."

He created matter ("...and the earth"), so there could be a "what."

They had to be created simultaneously because they are co-dependent. You cannot have matter that exists nowhere (it requires space) or that exists nowhen (it requires time). You cannot have time without events (changes in matter) to measure it. The moment God willed the universe into existence, all three came into being together as a single, coherent reality.

3. How God is Not Limited by Them: The Nature of a Creator

This is the most crucial point. Since God created time, space, and matter, He is transcendent—wholly independent of and beyond them.

God is not limited by Time (He is Eternal): We experience time as a linear path from past to future. God exists at all points on that line simultaneously. He is the "I AM" (Exodus 3:14)—the ever-present, unchanging now. For God, the past, present, and future are equally present. He does not **fore**see the future; He simply **sees** it.

God is not limited by Space (He is Omnipresent): God is not an object in space, taking up a certain volume. He is present everywhere in creation at once, yet He is distinct from creation (not pantheism). He is the infinite "where" in which all finite spaces exist.

God is not limited by Matter (He is Immaterial): God is pure spirit (John 4:24). He has no physical composition. He is not made of atoms or energy. He is the source of all matter and energy, but is Himself fundamentally different in nature.

4. What It Means That God is Not Limited by Them

This transcendence has profound implications:

1. **Sovereignty:** God has absolute authority over His creation. He is not a prisoner within the system of cause and effect; He is its author. He can interact with it (through miracles, revelation, the Incarnation) without being subject to its laws.

2. **Omniscience:** Because God is outside of time, His knowledge is not sequential. He knows everything that has happened or will happen in a single, eternal present. Nothing is hidden from Him.

3. **Purpose and Meaning:** The universe is not a random accident. It is a deliberate creation by a purposeful Creator. Our lives within time, space, and matter have meaning because they are part of a design that originates from outside this system.

4. **The Foundation for Miracles:** A miracle is not "magic" that "breaks" the laws of nature. It is God, the author of those laws, introducing a new chapter into the story or a new command into the system from His position outside of it.

5. **The Hope of Eternity:** If our identity is truly spiritual (as we concluded earlier), and if God exists beyond this physical container, then it is logically possible for us to exist beyond it as well. Death is not an end but a transition from existence withi* time, space, and matter to existence in the presence of the One who created them—the eternal, infinite, immaterial God.

In summary, time, space, and matter are the created arena. God is the uncaused cause who built the arena, wrote the rules of the game, and is both the audience witnessing the entire play from beginning to end and the director who can step onto the stage at any moment, all while remaining fundamentally distinct from the stage itself. This is the majestic context in which our spiritual lives unfold.

Author's Comment Regarding This Book:

This book presents the author's personal perspectives and ideas, they are offered as a contribution to the ongoing discussions and debates, and the author's perspectives and ideas are open to critique, discussion and refinement. They are not definitive or exhaustive, but rather one possible viewpoint among many. The author's goal is to stimulate thought and conversation, rather than to provide definitive answers or solutions. Readers are invited to engage with the ideas, question them, and consider alternative perspectives.

About the Author

Makado Vespers is a researcher and writer passionate about uncovering the role of the spirit in human life. His work highlights how true knowledge and transformation flow from the spirit, not the mind.

Exploring The Mind is a book that was written by **Makado Vespers**. The scripture that inspired this book is Genesis 2:7 where God breathed His Spirit into man, and man became a living soul. Without the spirit, man lay lifeless on the ground. The exact moment the spirit entered; man became a living soul. It's the same thing that happens at death, when the spirit leaves, the body becomes lifeless and decays. That shows that it's the spirit that plays the most vital role.

Let's accurately capture the equation we get from Genesis 2:7. God breathed into man the breath of life and man became a living soul. That means its; body + spirit = soul. That means that the soul is a combination of the body and the spirit. One cannot exist without the other, their separation leads to death of the physical body.

This book aimed to dissect the soul and understand it's components. It explored how the body and the spirit are connected. We saw that it's the spirit that does much of the work. The spirit, since it's unphysical by nature, processes all unphysical things like will, memory and emotions. It's the spirit that feels.

This book explained in detailed what the mind is and how it's the spirit doing all the work that we often mistake for the mind. The mind is characterized by thoughts, emotions, perceptions, memories and consciousness. The mind is not a physical object, but rather a product of the brain's activity. The brain is made up of neurones, cells, water, proteins, fats and blood vessels. In this book, we saw how it's difficulty for us to say that the brain is the organ which carries out all mind processes. This led us to realise the role our spirits play.

This whole discussion was started by God who said that let us make men after our own likeness. God is a Spirit, that means we are spirits too if we are made in His image. To help us connect with the physical world, he gave us the body. The brain is part of that body too, but man is spirit. Our Father is a Spirit, so are we too. Those who are led by the spirit are the sons of God.

This book was written in **August 2025**